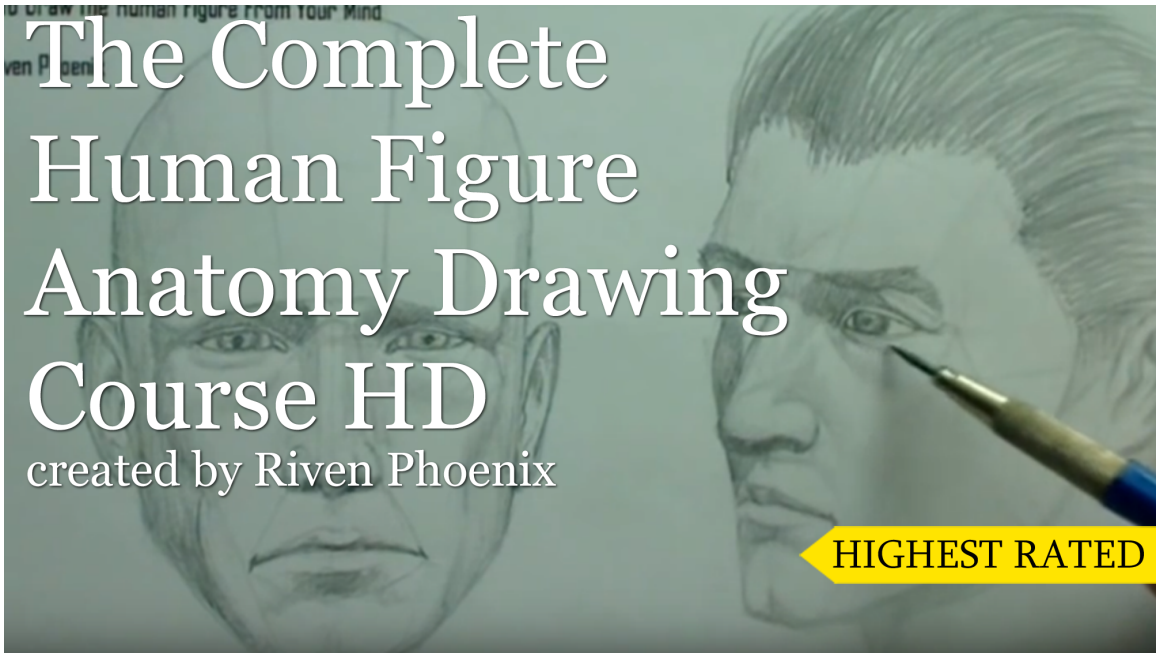

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 183 - The Muscles of the Foot - Part 5

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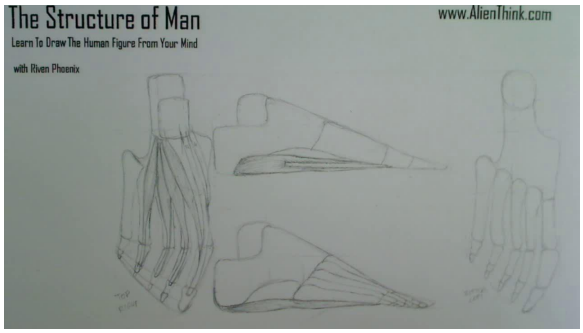
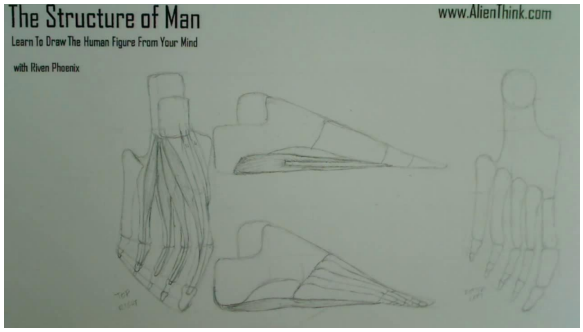
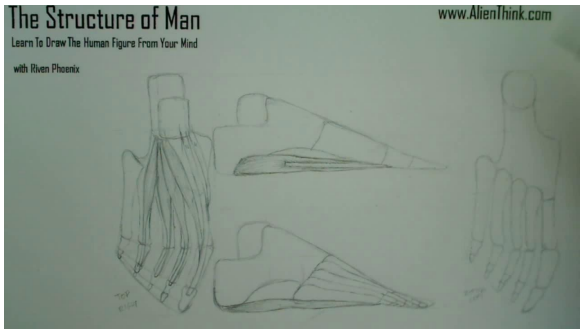
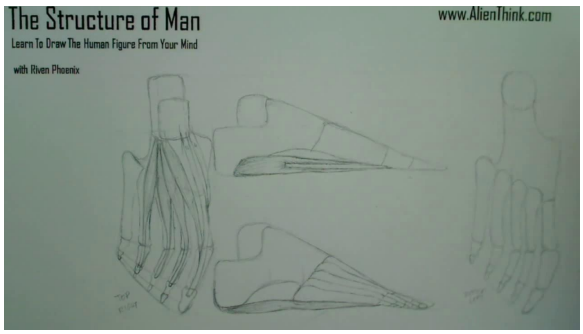
1		Hey guys, my name is Riven Phoenix and welcome to the Structure of Man.
2		I'm going to draw the human figure from their mind training course.
3		Okay, so we're almost done with the foot.
4		We just want to allow, look at the bottom of the foot to what's going on.

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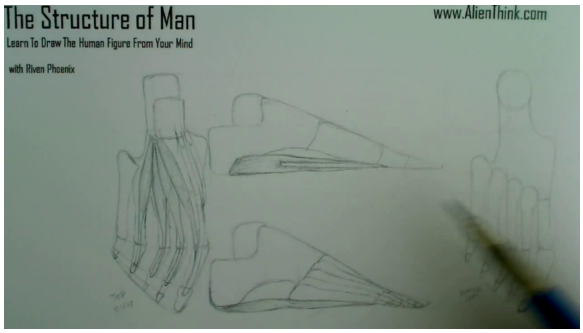
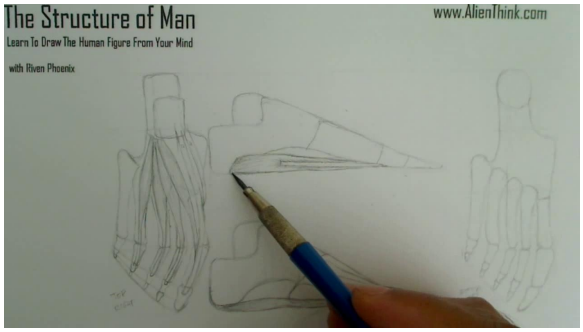
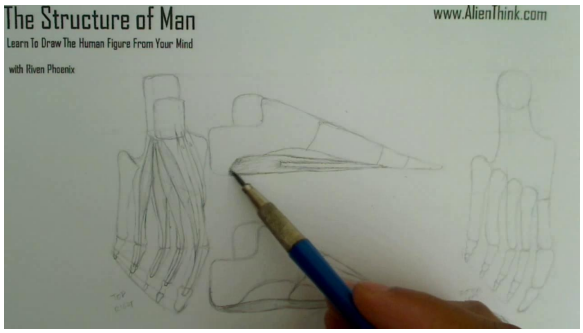
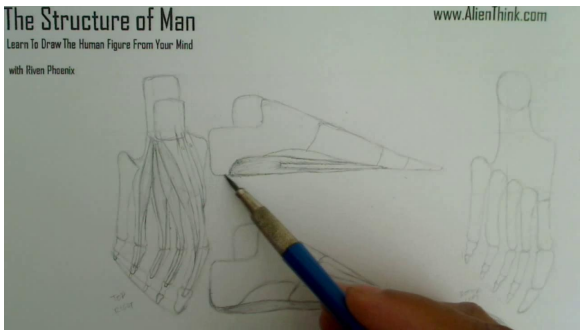
5		So remember these two muscles that we were talking about.
6		So they're going to be, one is going to be connecting,
7		well, he's going to be coming about right here where this is,
8		where the heel is, and he's going to see more lungs this way, right?

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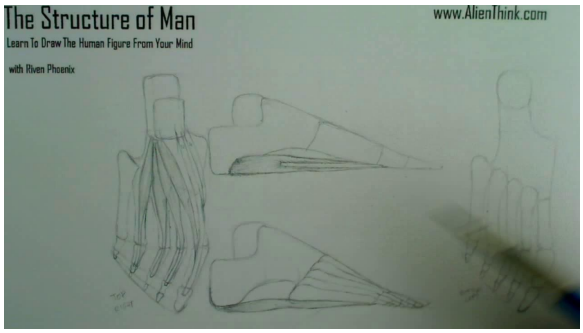
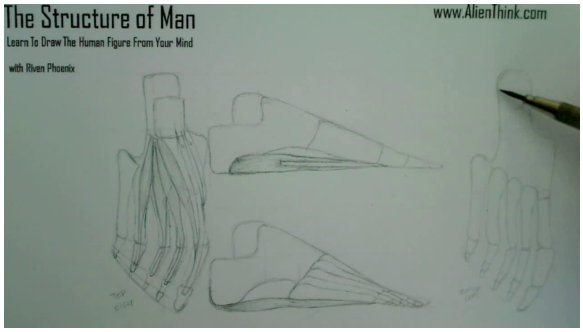
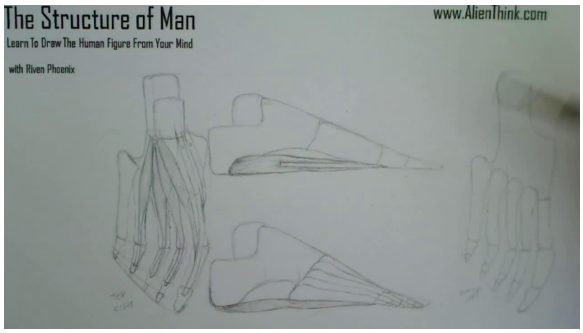
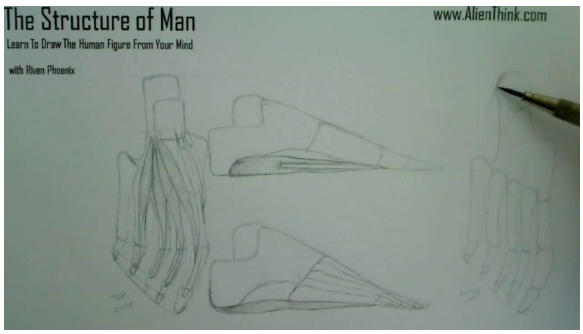
9		But so what happens here from the heel is that these muscles are now going to do the same thing.
10		So here let's take a look at the muscle here, this big guy that's connected over here.
11		So what's going to happen is that he's going to go from here just like he did over here, right?
12		So this is on the bottom of the foot now, right?

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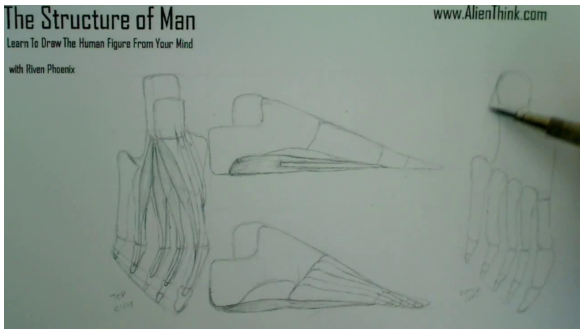
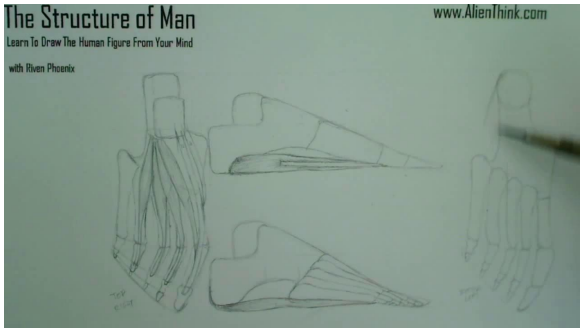
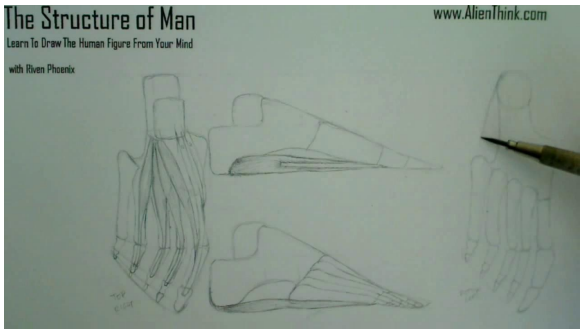
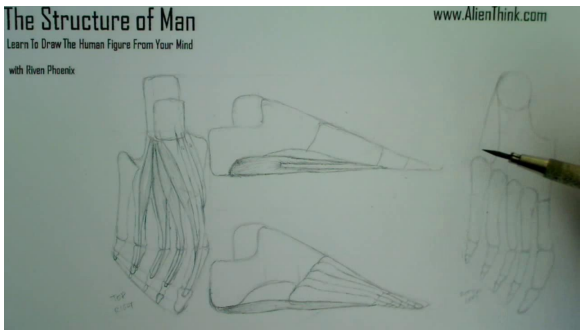
13		Remember the top of the foot you have to understand that these muscles are just going to be more in the bottom over here.
14		Right? And so you're going to, you, you want to understand that they're not here, right?
15		They're going to be more along the lines of 3D.
16		Okay, so what happens is that you're going to now get this muscle over here,

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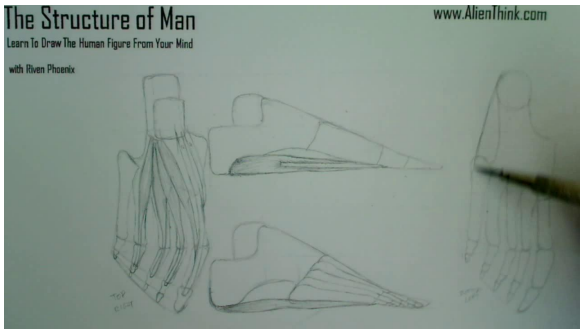
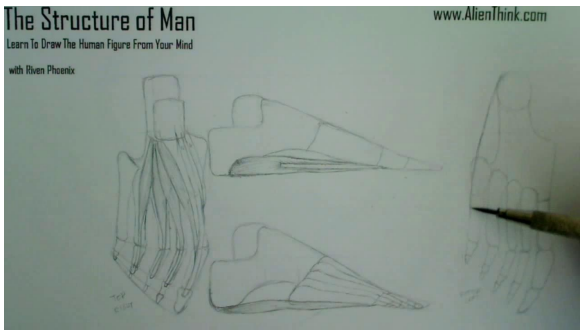
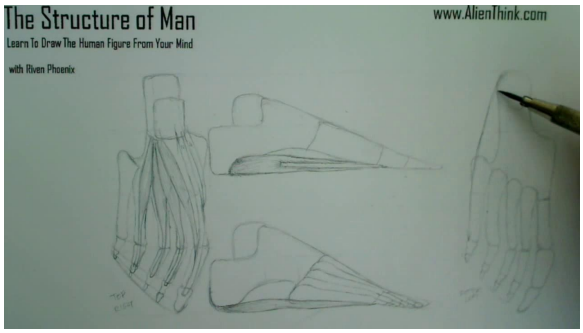
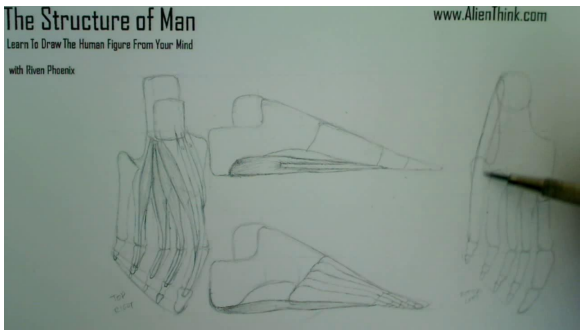
17		and he's just going to go like this and do exactly what he was doing
18		and just turn into like this police system over here.
19		Right, so here I'm just going to draw him out like this over here.
20		I'm going to do the same thing that he's just going to be a muscle like this.

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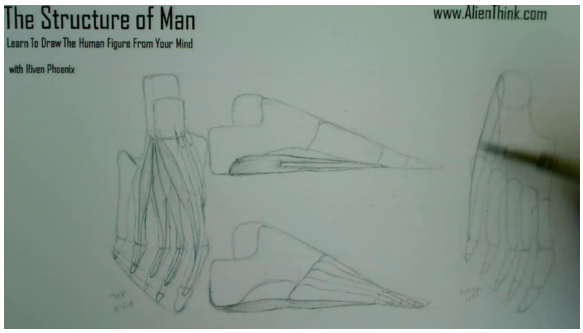
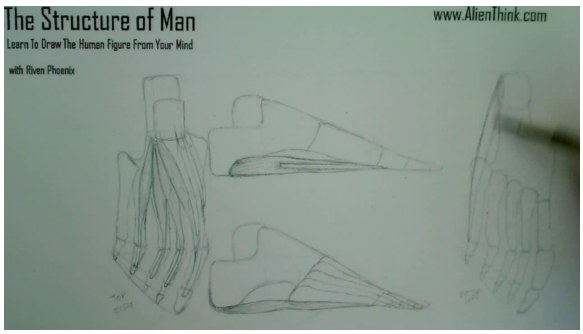
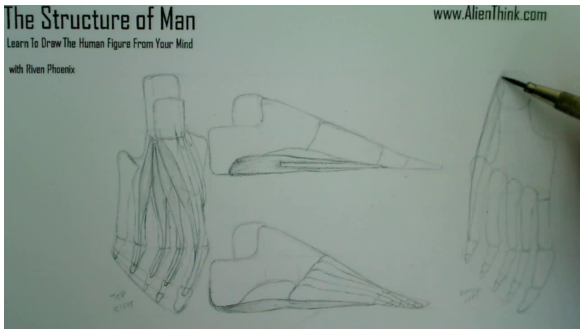
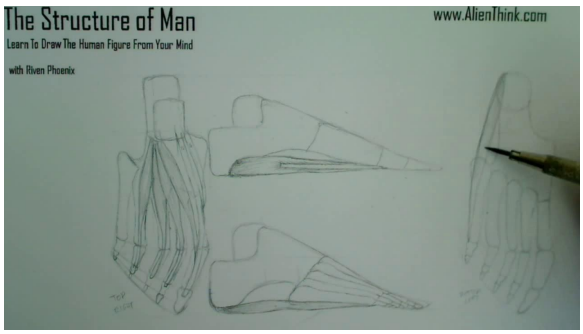
21		Right, so we can just add him over here like so.
22		So he's, all, he's on the side in the bottom, right?
23		So this is why here he's just right there connected to like a hole that turned it over there.
24		This is now the bottom of the foot so we can begin to understand what's going on.

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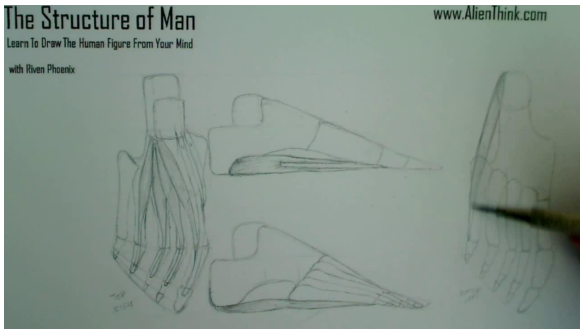
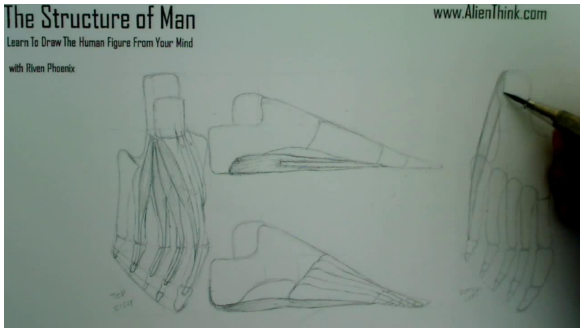
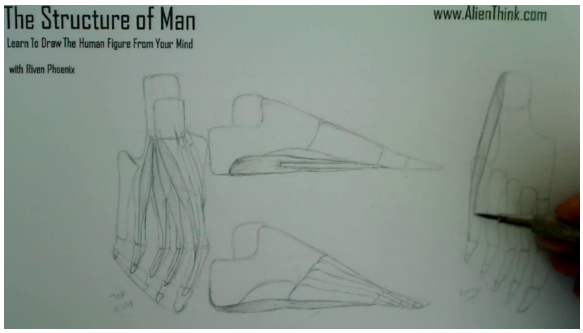
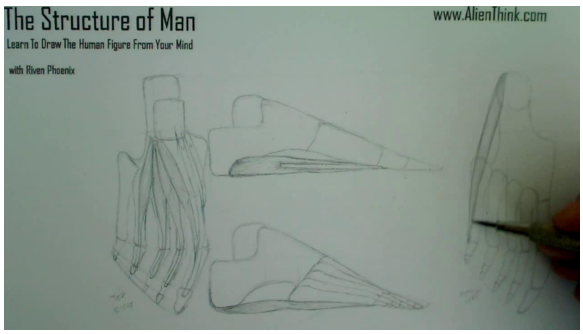
25		And of course, you know, it's all going to come down to surface anatomy
26		because the bottom of the foot obviously doesn't look like this, right?
27		It's covered up with a very thick sheet of pop.
28		So he's just going to connect right over here.

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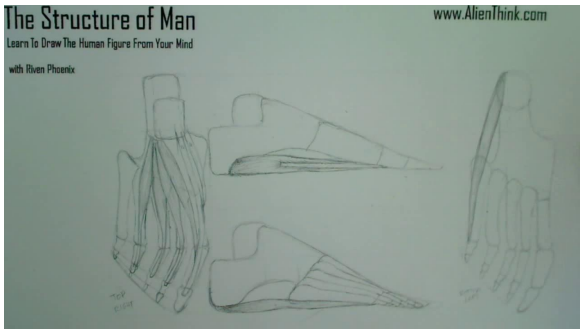
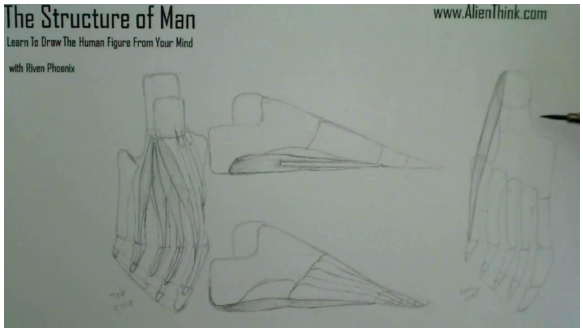
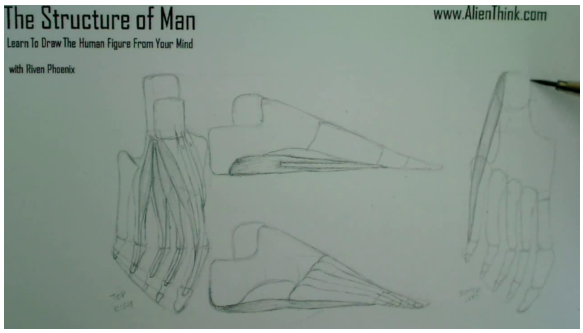
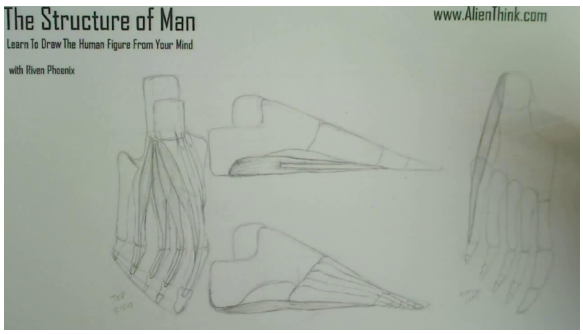
29		Okay, so now we have to understand what happens with this guy.
30		Well, he's doing the same thing. He's just connecting from here.
31		We know this much and then we know that right look where he is.
32		He's just going to go like this and this is where you'll start to get your understanding

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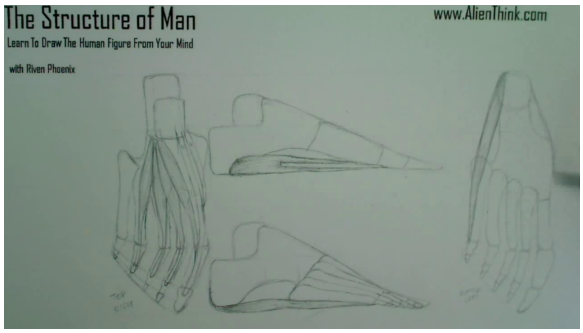
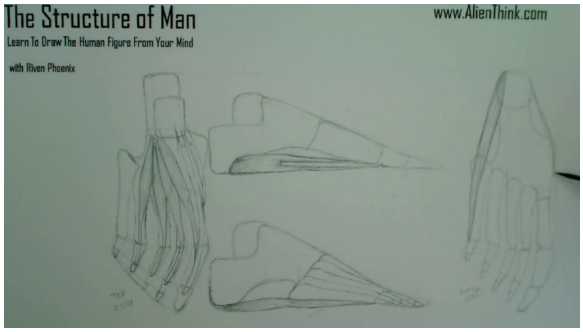
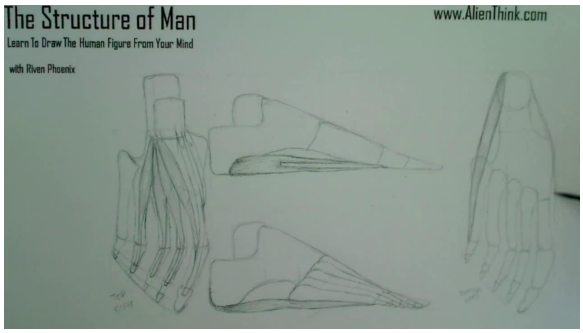
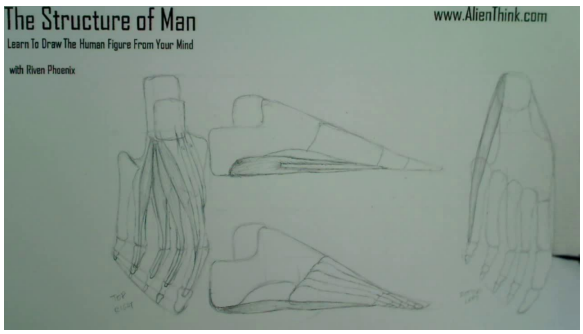
33		of how these muscles are now being put together.
34		So it means that your foot really is going to be more, more bigger over here, right?
35		So he's just going to do the same thing.
36		He's going to come over here and he's just going to be this big muscle over here.

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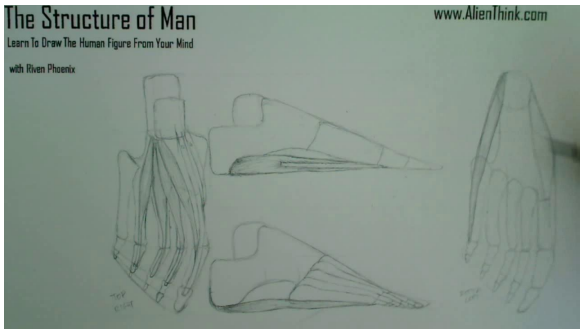
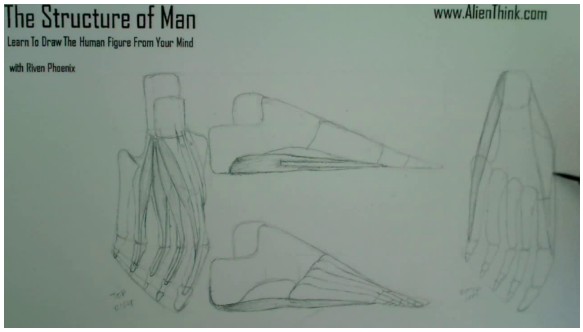
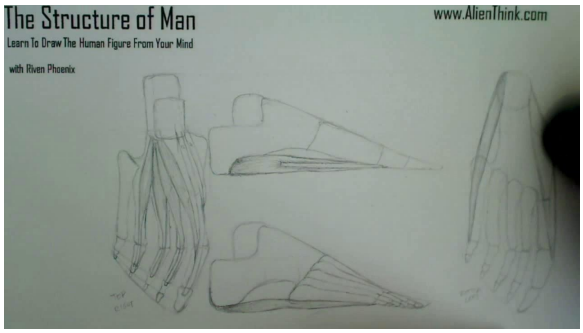
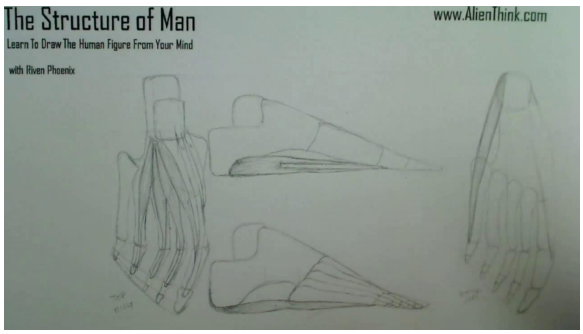
37		Just like this and he's going to go in and attach over here, right?
38		So over here, I just made him like this and just know that he's more of a pulley system, right?
39		So we'll just show that a little bit over here.
40		That in order to show that correctly, we would just draw him out like this over here, right?

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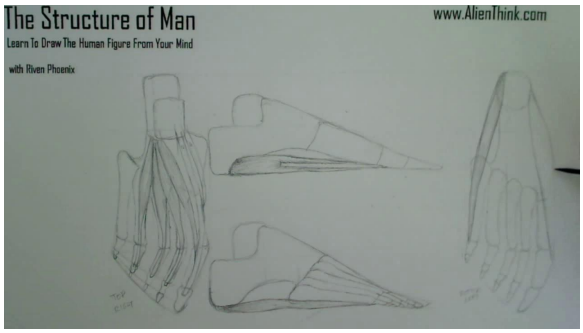
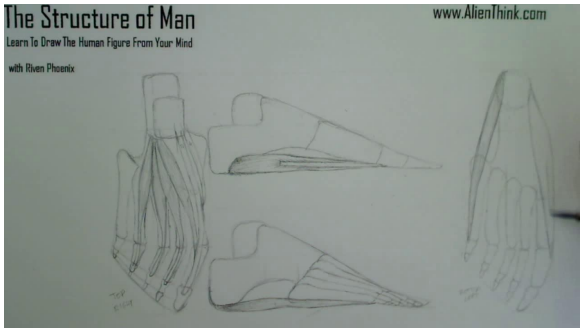
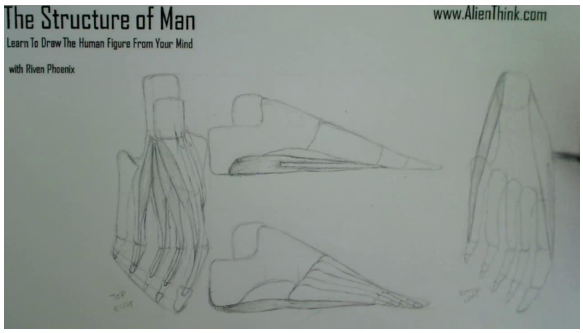
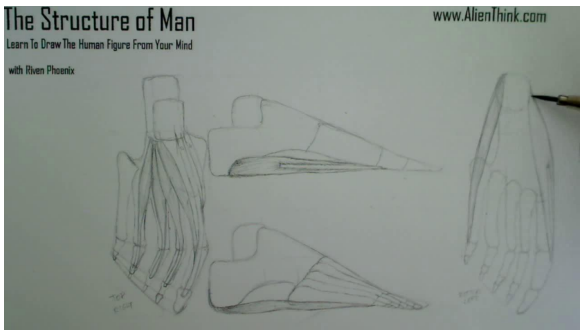
41		Draw him out like this and then say that okay, he should be coming like this pulley system.
42		He's got this pulley system right inside of him and just shows up like this.
43		So I'm just going to do create the muscles for him like this over here.
44		Okay, and he's just going to go like this over here like so.

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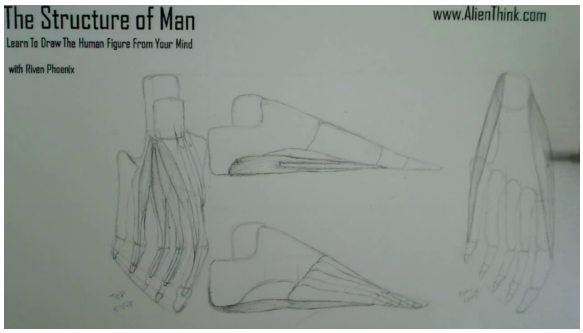
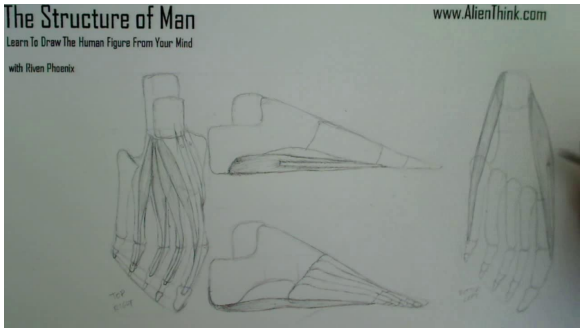
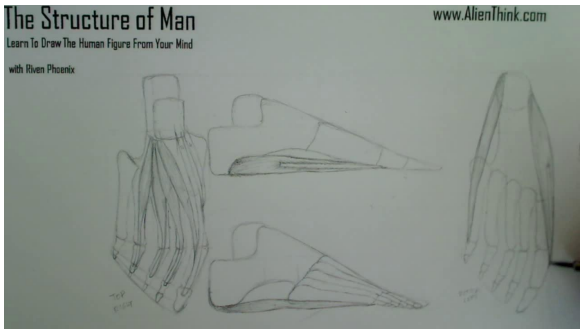
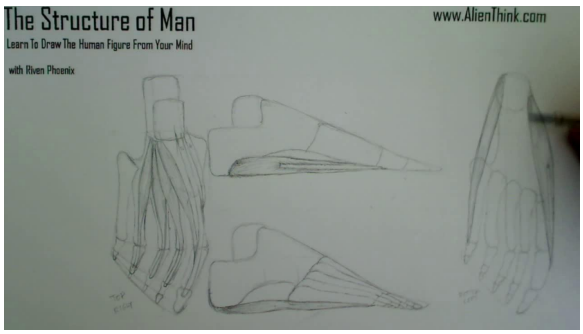
45		Very quickly over here and then he's just going to be like this over here, right?
46		So we're going to just take them, right?
47		So he's just attached there to the side.
48		Okay, so now what happens is that basically you're going to get three muscles here in the bottom.

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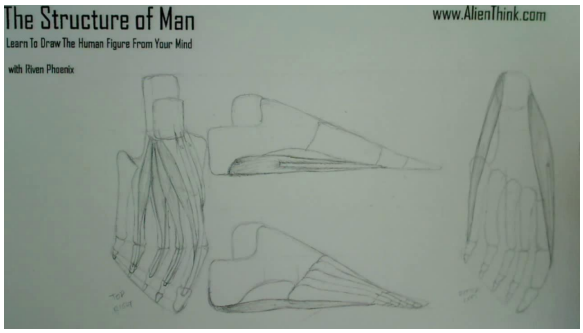
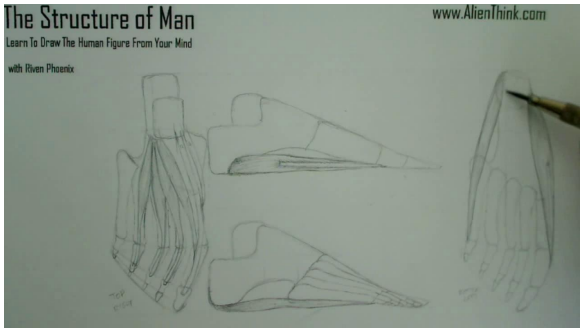
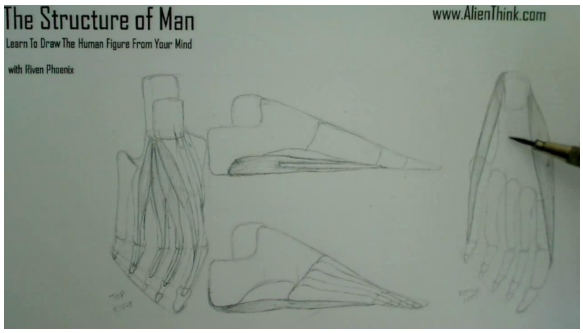
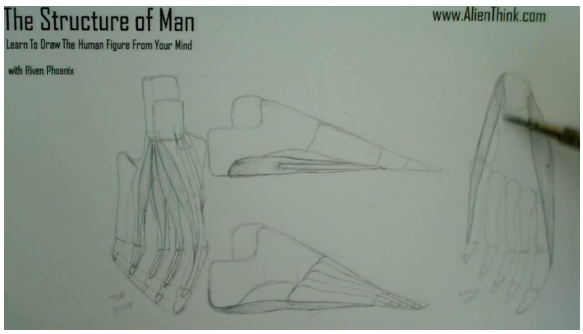
49		Well, actually four, but really what you need to understand is they're all going to be connected right from here, right?
50		So everybody is just connecting together over here and you're just basically going to get these muscles like this.
51		So you can imagine this to be about over here, they're going to come out, right?
52		So the first muscle that we're going to look at, he's going to stop being a muscle around here, right?

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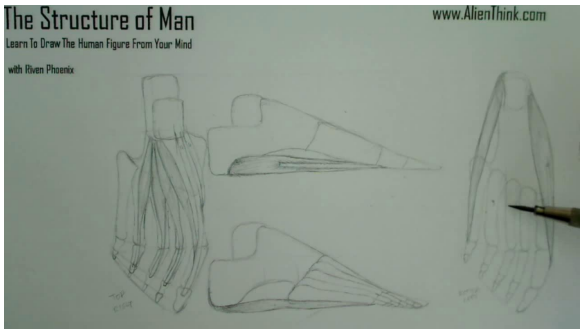
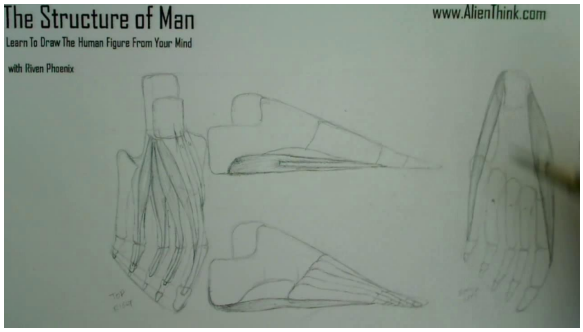
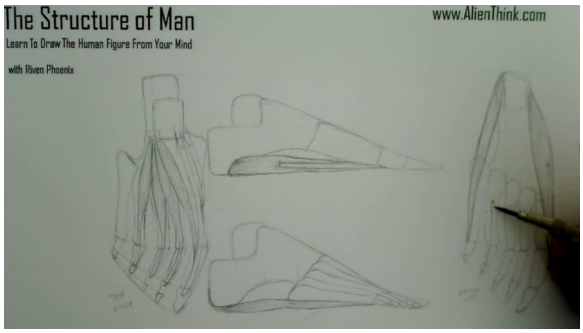
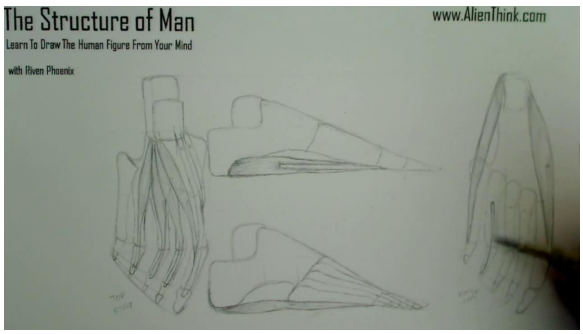
53		And this one is going to be here, this one's going to be here.
54		So what's going to happen is that he they're just going to become these, these, these wire systems that are just going to go all the way in.
55		And this is so we can pull the toes back in a little more.
56		So I'm just going to connect the wire system more like this as a black line.

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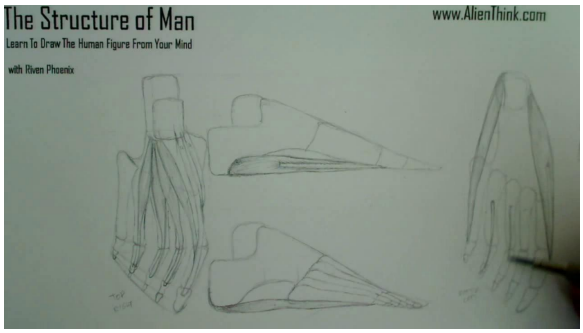
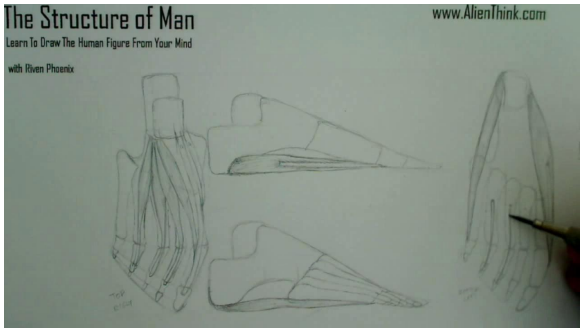
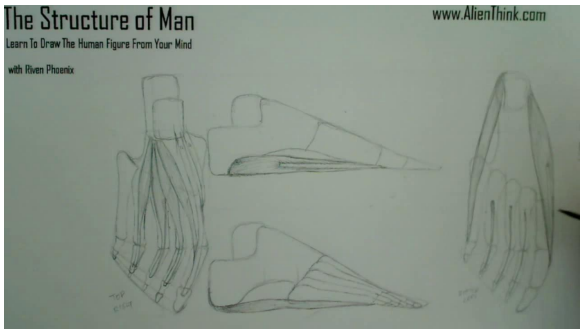
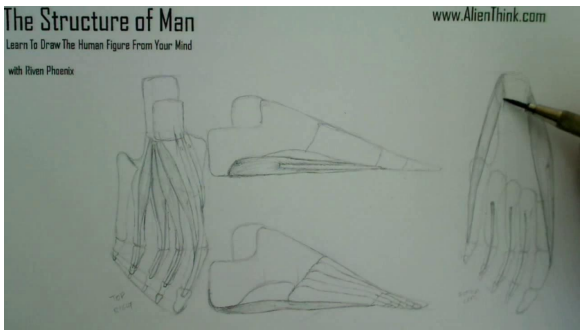
57		This is just easier to draw it here, right?
58		So just do it this way that this is a wire system that's just going to go here and we're going to get muscles through these wire systems.
59		Okay, so what's going to happen is that well, let's actually draw this, draw these muscles out.
60		So basically they're just all unstuck together.

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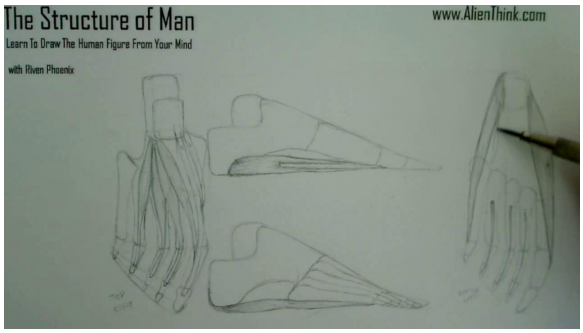
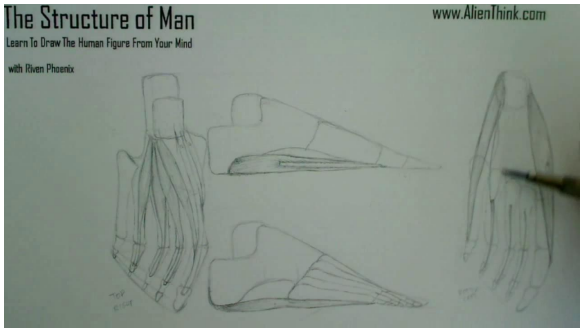
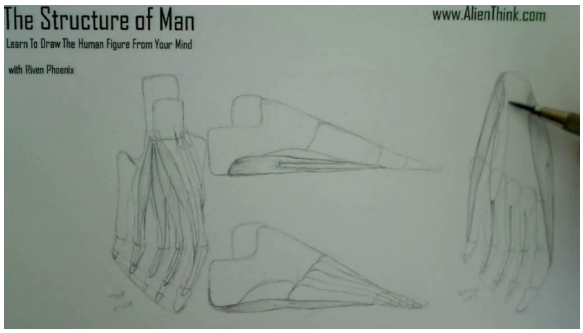
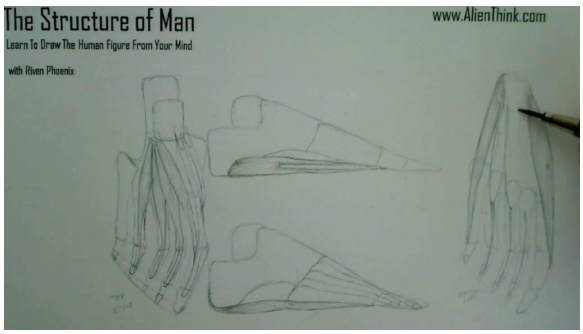
61		So he's going to be the first guy over here, right?
62		He's just going to go like this first draw them out.
63		And then over here he's going to come like this over here.
64		He's going to go like this, right?

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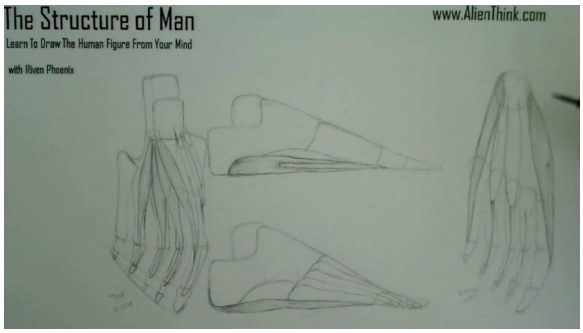
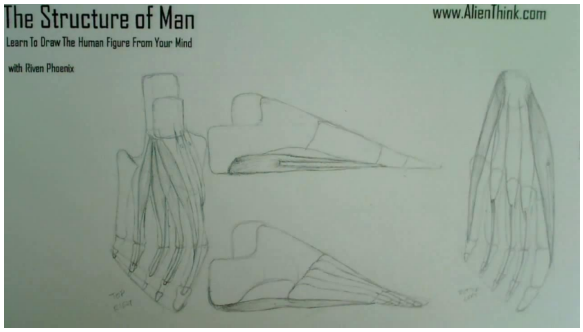
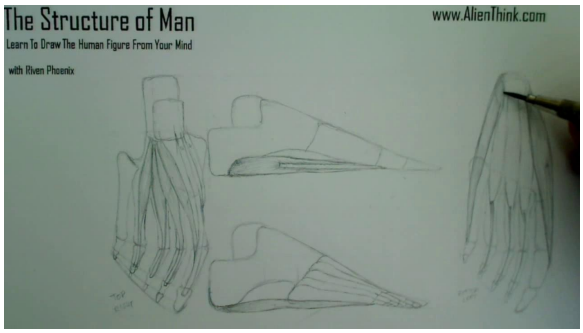
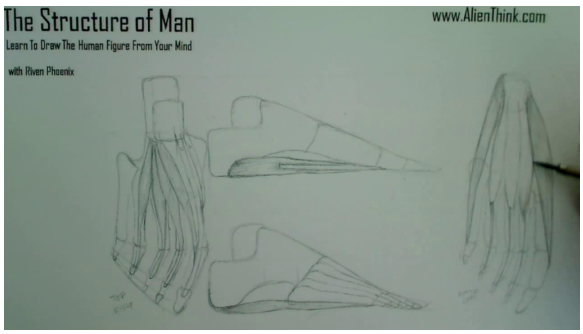
65		And then you're going to get the last one and he's just going to come like this over here and be like this.
66		Okay, so him just going to erase this stuff over here.
67		And these are just considered like it's just really one big muscle, but he separates into three ideas here, right?
68		So this is the bottom of the foot over here, but you can see why this area is really protected.

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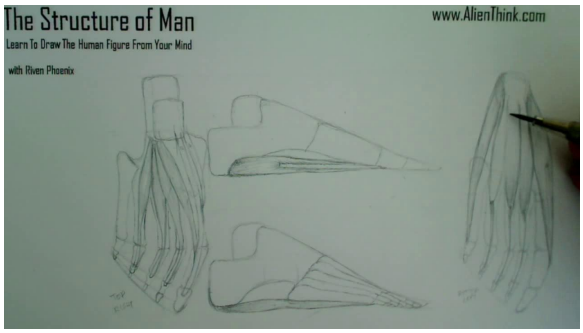
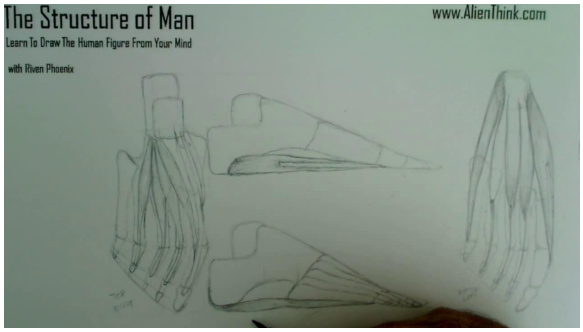
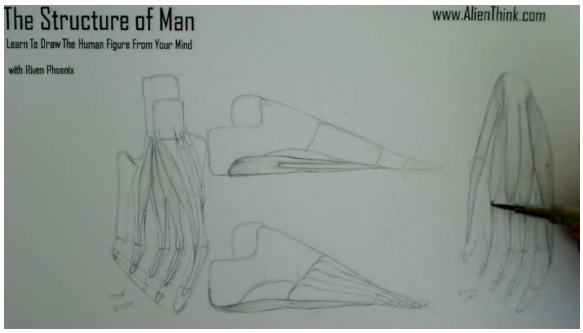
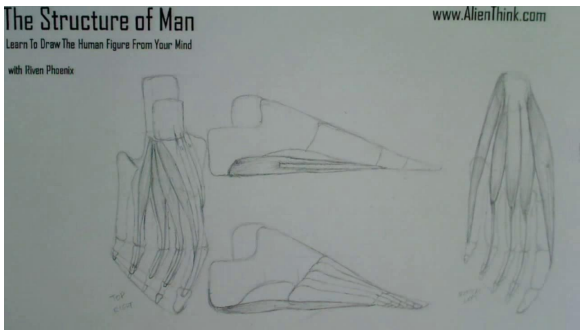
69		With that fat stuff in the bottom, that's why you're foot over here.
70		I said it's going to come down because these muscles have to be protected from all the stuff that we do.
71		Okay, so here I'm just going to quickly fill this in and going to add like crisper lines here.
72		This pencil sharpened.

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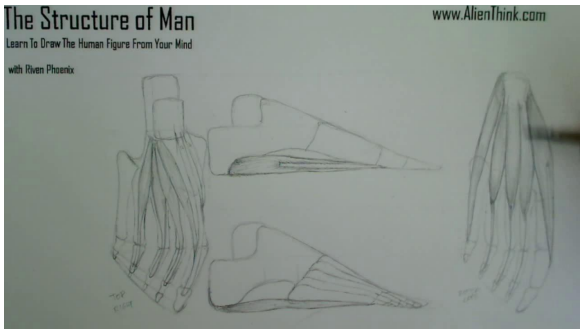
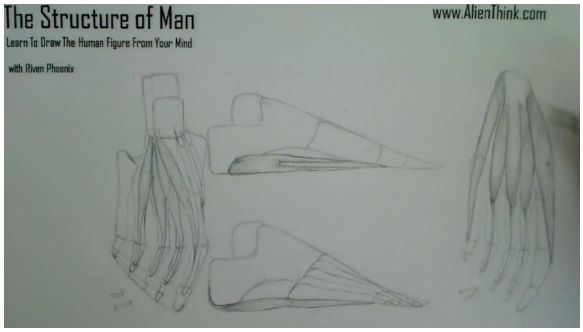
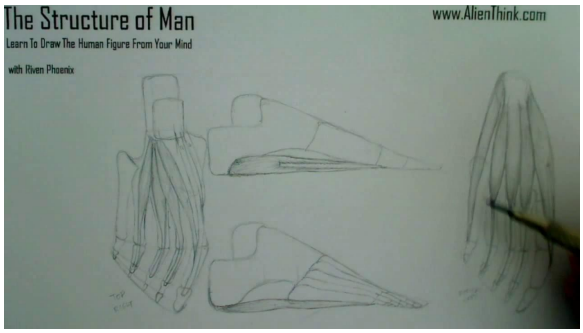
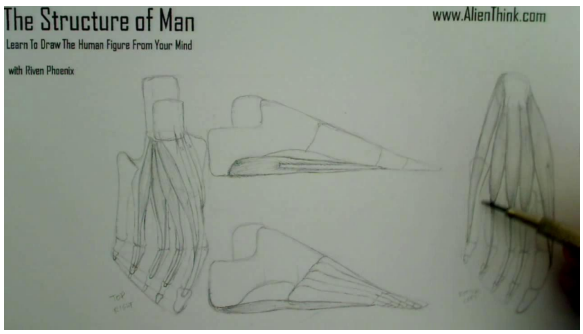
73		Right, so you can see there's really no, there's really not much going on in the foot, right?
74		So all there is is just just a few of these muscles and how they're connected.
75		So what happens is that all of a sudden you get like this one guy he's peeking out and this is the fourth guy over here
76		and he's going to do the same thing, but his and his wire system is just going to do the same thing.

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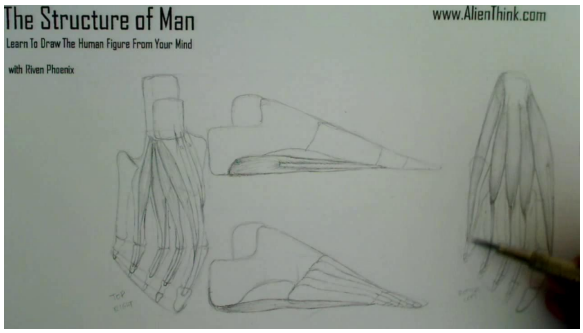
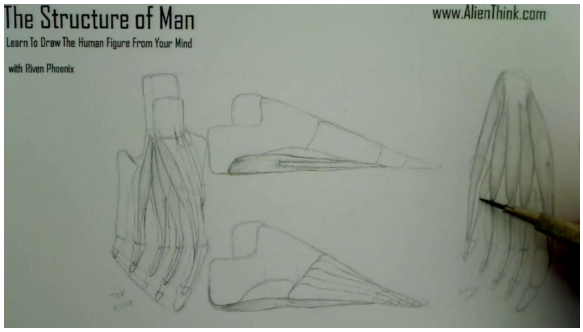
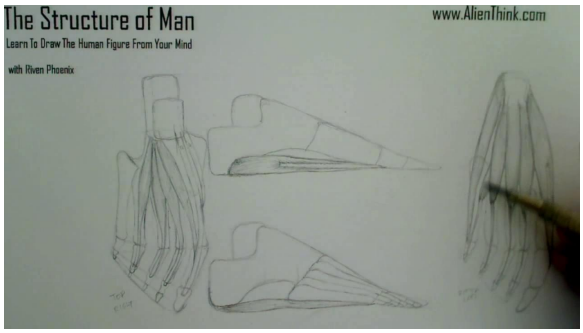
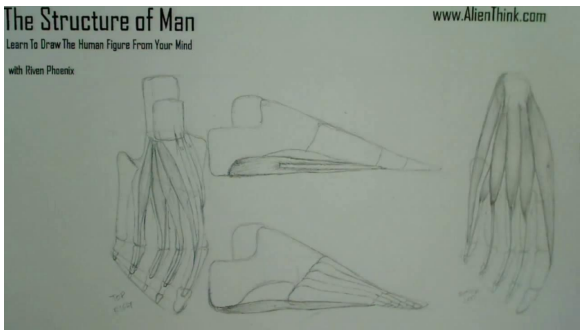
77		It's going to go all the way here for the small finger.
78		So he's a muscle too, but he's just peeking out under it.
79		Okay, just just understand it this way, that that's what happened over here.
80		Right, so obviously from the top, you can see that where this is, you're just going,

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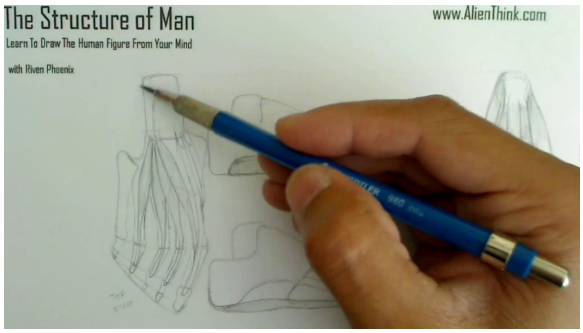
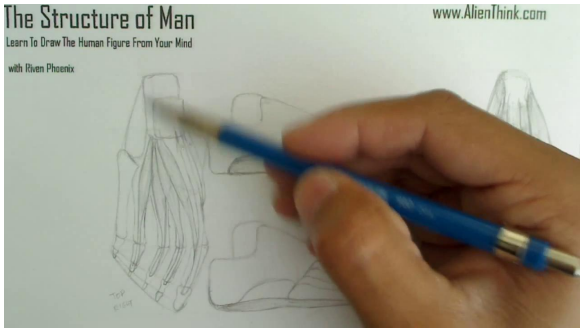
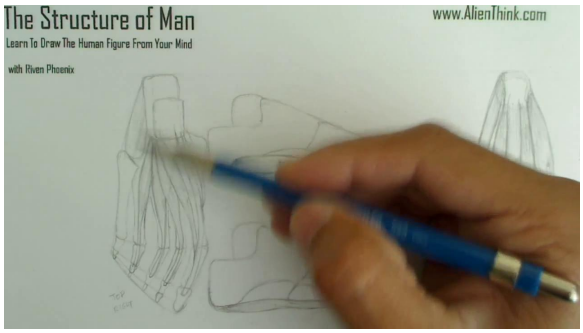
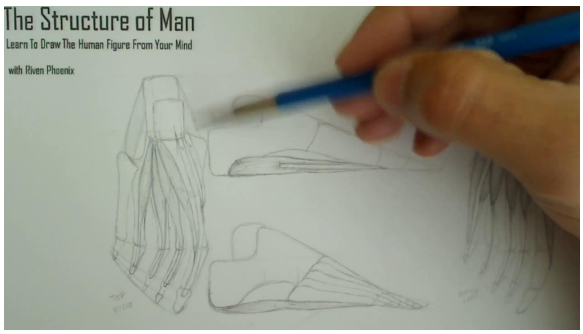
81		this is not the top of the foot, we're just going to see that how the foot is starting to take shape.
82		You know that, okay, I understand this muscle here that we did like this is really just going from the bottom like this.
83		We just have to fill this out very softly over here, we don't have to put this.
84		Right, so you can see how the foot is now starting to look like a foot because they're there in the bottom.

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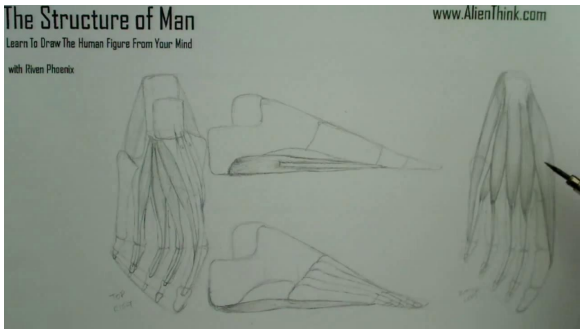
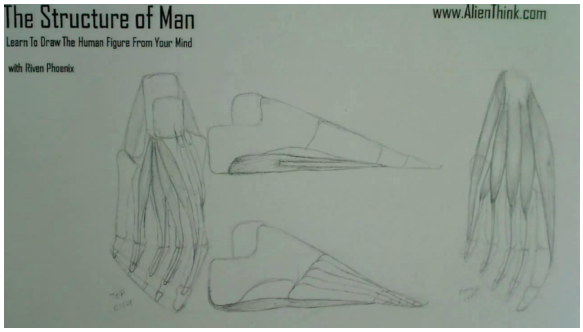
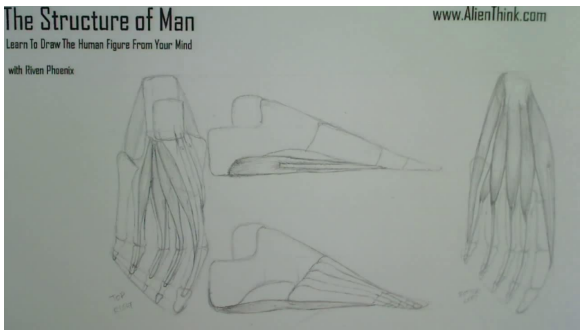
85		Okay, they're right here on top.
86		Okay, so I'll see you in the next lesson so we can start to wrap some of these ideas up.
87		We're going to actually create a police system here, so this is going to get erased.
88		I'll see you in the next lesson.

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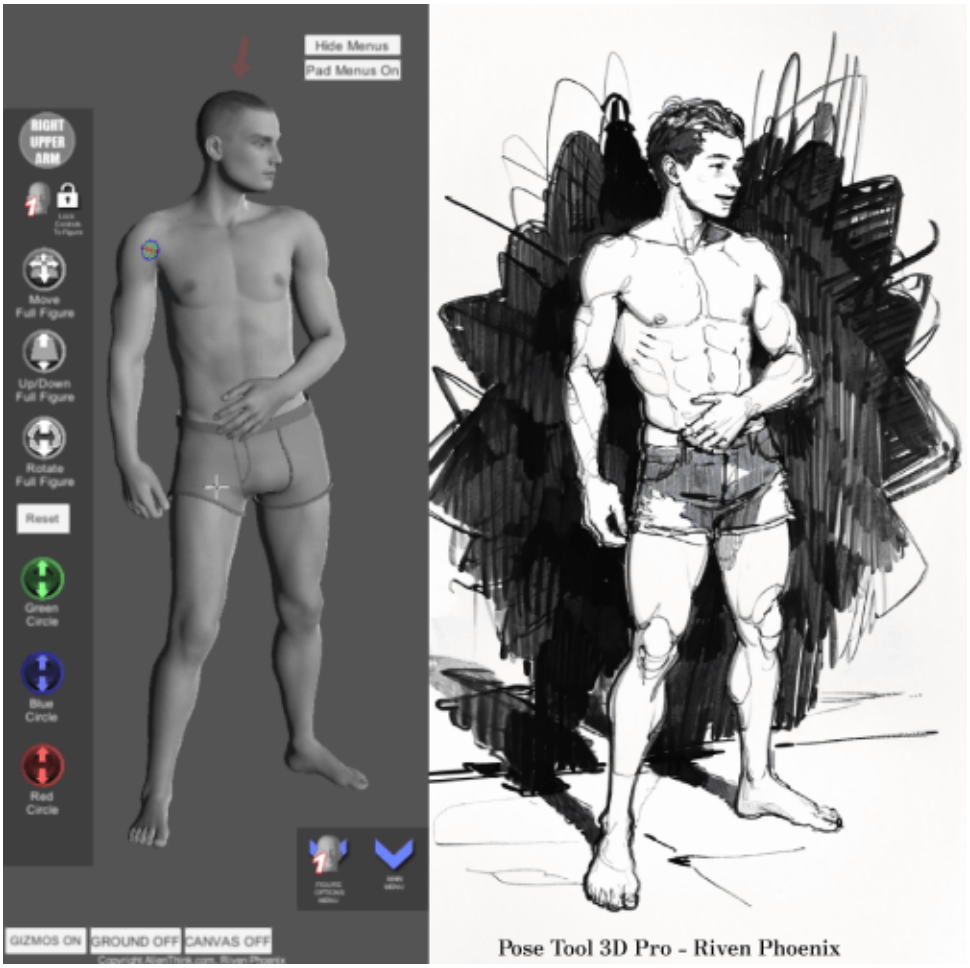

www.alienthink.com/pose-tool-3d/

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